



Rina Trepanier
Sales Representative
Experience Counts!

Visit all Rina's listings
www.rinat.ca

905-892-0222 • 905-734-4545
Direct 905-980-1199
E-mail: rinat@royallepage.ca

ROYAL LEPAGE
MAGNARA REAL ESTATE CENTRE, BROKERAGE
28 Years of Award Winning Real Estate Sales

HOME DELIVERY CALL 905-732-2411

THURSDAY, AUGUST 7, 2014

www.pelhamnews.ca

Thinking of Buying?
Thinking of Selling?
Call Me Today!

Penny's
SOLD REPRESENTATIVE

ROYAL LEPAGE
MAGNARA REAL ESTATE CENTRE, BROKERAGE

Call Me Today! 905-733-8996
www.pennysold.com
Office: 905-892-0222

Pelham NEWS

Published by Sun Media Publishing Inc.

ROYAL LEPAGE
MAGNARA REAL ESTATE CENTRE
BROKERAGE

janet ingham
sales representative
office 905.892.0222
direct 905.650.8775
driven by customer service
empowered by integrity

www.calljanet.ca

■ CHESS: Fonthill teen representing Canada at world championships in South Africa

All the right moves

BERND FRANK
QMI Agency Niagara

Zach Dukic, an honours student by day at Notre Dame, is pretty good at his *knight* job, too.

Exceptionally good, in fact. The 17-year-old chess player not quite a master in the cerebral craft, but he's oh so close. Dukic's international rating is 1,930, just under the lofty 2,000 standard players need to attain to be regarded as chess masters.

Whether Dukic can boost his rating, and by how much, all depends on how he fares at the world championships taking place Sept. 19-30 in Durban, South Africa. The member of both the Brock and St. Catharines chess club is hoping to at least go 500 in his 11 guaranteed matches at a tournament where a win earns a full point and a draw is worth half a point.

See DUKIC on Page 6



BERND FRANK/STAFF PHOTO

Zach Dukic, 17, of Fonthill will be representing Canada at the World Chess Championships Sept. 19-30 in Durban, South Africa.



SUBSCRIBE TO

ONLY
\$3.83
PER WEEK

26 WEEKS OF DAILY HOME DELIVERY OF THE WELLAND TRIBUNE
AND RECEIVE \$20 WORTH OF CANADIAN TIRE GIFT CARDS!

SAVE

49%

OFF THE NEWSSTAND PRICE!
DON'T DELAY - CALL NOW!
1.855.533.5594

QUOTE: CANTINRE

The offer price of this promotion is \$99.75 per week. This offer is available to customers who have not had home delivery in the last 35 days. This offer must be pre-paid by credit card at time of order. This offer is not available at all delivery times. This offer is non-transferable. The Canadian Tire gift cards are sold with a prepaid order. Please allow 5-10 weeks for mail delivery of your Canadian Tire gift cards which are not available at your local newspaper office. We wish to ensure acceptance, please call phone number provided above to take advantage of this special offer. Promotion ends 14/03/2015. Incentives of Canadian Tire Corporation, Limited used under license. The price per day includes the value of the Canadian Tire gift cards and is based on the date and delivery frequency of this promotion. Offer expires September 28, 2014.

UPFRONT

■ **COMMUNITY:** Farmers' markets are growing in popularity, but it's up to the customer to ask where the food was grown

Local market, local food?

DAN DAKIN

QMI Agency Niagara

At farmers' markets in Niagara and across Ontario this week, rows of fresh peppers, tomatoes, zucchini, green beans, cucumbers and other locally grown fruits and vegetables will be purchased from farming businesses big and small.

Many workers behind fold-up tables and under pop-up tents that transform empty parking lots into outdoor markets will wear T-shirts with the oft-used slogan, "Farmers feed cities!" written on them.

The same mantra is printed on bright yellow cardboard signs in front of many of the family farms dotted across Niagara.

Ontario's nearly 200 farmers' markets generate sales of \$700 million each year, and that is increasing by 6% annually.

Much of that push comes from people's growing desire to buy food grown close to home, the byproduct of which is more support for local farmers.

But what if those fruits and vegetables sitting on those fold-up tables actually came from a massive food distribution warehouse in Toronto?

Would people still feel the same about their local farmers' market?

With little oversight and a buying public that often doesn't question or pay attention to what's in season and when, it can happen more easily than you might think.

"There's considerable misrepresentation occurring," said Robert Chorney, executive director of Farmers' Markets Ontario, an association representing all but a handful of the province's markets.

"I don't think it's as blatant in the Niagara region as in other parts of Ontario, but it still happens."

Chorney has seen a lot of trickery and deceit in the industry.

Usually, he said, it involves non-farmers buying food from the large distributors and then passing it off as their own produce.

"Sometimes you'll see a stall where everything is polished and gleaming and it looks too good to be true. There's a pretty good chance they're not a farmer," he said.

This summer, there are 12 farmers' markets operating across Niagara and another three supper markets featuring mostly prepared-food vendors.

The St. Catharines market doesn't have a high enough ratio of local farmers to other vendors to qualify as a true farmers' market under public health regulations.

In Ontario, 51% of all vendors have to be local farmers selling locally grown produce to be considered a farmers' market. But in St. Catharines, for example, many of the vendors sell snacks, meals, flowers and crafts, so Niagara Region's public health department has a different set of regulations to fall to follow.



Shoppers at the downtown market in St. Catharines buy a flat of strawberries.

BOB TWYGCZYNSKI/STAFF PHOTO

Chorney says the St. Catharines market is open about the type of operation it is running, and he said the majority of produce sellers are local.

The more serious problem that occurs elsewhere around Ontario, he said, is non-local farmers at bigger markets acting as though they're true farmers.

Farmers' Markets Ontario

developed a verification program called MyPick in 2008 that allows vendors to display a sign if they are true local farmers.

Chorney called out the Peterborough farmers' market as an example of one dominated by non-locals.

"It is really controlled by resellers, bussters and peddlers," he said.

"We have eight MyPick

farmers in there and they're starting to make a dent, because shoppers are going and saying 'Whoa, these guys are the real deal!'"

In St. Catharines on Thursday, there were 10 vendors selling fresh produce and all but two were local farmers.

Seven of the 10 were selling 100% Niagara-grown fruits and vegetables, while one farmer said 99% of what

he had was grown in the region.

The two non-local produce vendors were both selling at least some Niagara-grown products. One had all Ontario-grown produce while the other was selling a mix of Canadian and American-grown goods — all of which were labelled as such.

See FOOD on Page 3

Lampman
Funeral Home

724 CANBORO ROAD
FENWICK (905) 892-4701

Our Family Serving Your Family
For Over 100 Years

since 1911



Irvine Muir

Terry Mikolasek



Wheelchair
Accessible

LOCAL NEWS

FOOD

'The exposure of markets is increasing'

From Page 2

"Some people buy things (from distributors), but these should be all-local farmers' markets," said Fred Portigliia, a Niagara-on-the-Lake grower who has been selling fruits and vegetables at markets since the early 1960s.

Most of the local farmers said they believe shoppers know what to look for.

"Some people ask questions, or they know by the time of season," Portigliia said.

When the Niagara-on-the-Lake farmers' market started up eight years ago, the decision was made to make it entirely local.

"In the beginning, there was a small group and the mandate was to support local farming," said Sharon Brinsmead-Taylor, the market coordinator.

"All of our farmers are 100% Niagara with 100% of their own products. We don't allow anything that isn't grown right on their farm."

Like Chorney, Brinsmead-Taylor said the best way farmers' market shoppers can make sure they're buying local food is to ask questions of the vendors.

"If you have any doubt, ask them 'What on the table did you grow,'" she said.

Part of the problem, she said, is that people don't understand what should be available during the different grow-

ing seasons.

Right now, for example, cucumber, zucchini and lettuce are in prime season, but strawberries are just about past theirs.

"A lot of people who live here in Niagara have no idea what's in season at what time, because there are so many fruits and vegetables available year-round through grocery stores and other farmers' markets," Brinsmead-Taylor said.

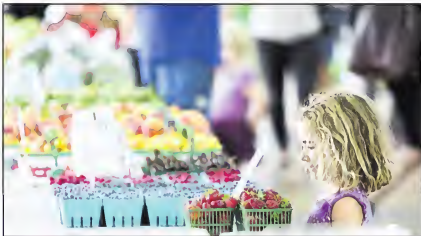
"There's such a lack of understanding of where our food comes from and respect for what we can produce in Niagara."

Nicole Cathcart, who was shopping for fresh strawberries, blueberries and greens last Thursday, said she used the trip to educate her two children.

"I thought it would be a good experience to bring the kids down to talk to them about local food and how it's grown," she said. "I've become more aware of our food and where it's coming from and the environment."

Chorney believes consumers' desire to know more about what they're eating will continue to drive the industry upward.

"Farmers' markets are sleeping giants," he said, estimating the St. Catharines market generated around \$10 million in sales last year.



BOB TWYMCZYNSKI/STAFF PHOTO

Shopper at the downtown market in St. Catharines. Thursday July 31, 2014.

"Their economic impact would likely be \$25 million or \$30 million," he added.

"There are eight to 10 new

markets springing up every year, and a lot of markets are so successful they're opening up second ones. The exposure of mar-

kets is increasing."

dan.dakin@sunmedia.ca
Twitter: @dandakinmedia

Public health rules oversee safety of market-sold food

DAN DAKIN
QMI Agency Niagara

While there's no regulatory body overseeing the operations of farmers' markets, it's up to Niagara Region's public health department to ensure the food being sold is safe.

Markets where at least 51% of their vendors are local farmers fall into a category that allows less strict regulations over food preparation and storage than, for example, a brick and mortar restaurant.

"They have to serve safe food products, but the (same) regulations don't apply to them," said Andre Laffamme, manager of environmental health for Niagara Region. "We work on the education side of things because everyone — vendors, coordinators, visitors, public health all want a safe food product."

Every farmers' market in the region is inspected twice a season to make sure they're within the 51% guidelines and

to ensure the products being sold are safe. Laffamme said so far in 2014, only one vendor was sent home, because the meat pies they were selling weren't being stored in a cold enough container.

"That is the exception ... people are usually aware of the rules," he said.

Robert Chorney, the executive director of Farmers' Markets Ontario, said the markets police themselves to avoid food safety issues.

"The food safety requirements are very stringent and we pride ourselves on not having any food scares," he said. "If we did, it would be very damaging to us because the public's trust in food safety at farmers' markets is as good as or greater than what it is as a supermarket."

If a market doesn't have enough local farmers to meet the 51% guideline — like the St. Catharines market — all of the vendors fall under the same types of regulations as food trucks or outdoor food vendors.

GO GREEN

PLUG INTO PAPERLESS BILLING Sign Up for E-Bill

Register today at: npei.ca/gopaperless
Signing up is as easy as 1...2...3...

Sign up for E-Bill Paperless billing or Pre-Authorized Payments from July 1 to Sept 15, 2014 for a chance to

WIN

one of three iPads.

npei niagara peninsula energy inc. www.npei.ca
Toll Free: 1-877-270-3938

Customers who sign up for Niagara Peninsula Energy's E-Bill only (paperless) or Pre-Authorized Payment Plan by Sept 15, 2014, have a chance to win 1 of 3 iPads (customers who have already enrolled in either E-Bill only (paperless) or pre-authorized payment are automatically entered into the draw). Must be an NPEI residential customer. Visit npei.ca for complete rules.

COMMENT

Proposed firearms law hits its target

The title of the Tories' latest proposed gun legislation is on target. The Common Sense Firearms Licensing Act is just that.

While people on both sides of the firearms debate may be unhappy with certain clauses, the changes strike the right balance.

First of all, it eliminates red tape. As the law stands, you need a permit whenever you want to transport a restricted weapon. Under the new law, transportation will simply be included under the licensing process.

This will save paperwork, time and tax dollars. Someone who is already

getting a licence for a restricted weapon has clearly shown they're serious about following the rules, including transportation.

Anti-gun activists who like to bring out the domestic violence argument should be happy with the proposed change that makes it easier for a judge to take away the guns of someone convicted of a domestic assault.

This too is common sense. These people have already outted themselves as high risk.

The firearms community may be unhappy with a mandatory safety course for first-time owners.

It's true that many prospective gun

owners already choose to take such a course prior to writing their test. They're clearly responsible and safe in their conduct. But this doesn't automatically mean there's no need to make it compulsory.

Owning a firearm is a right in a society like ours. The government certainly has the right to place a monopoly on certain uses of force. But it doesn't have a right to place a monopoly on general access to force.

Public Safety Minister Steven Blaney put it well in his announcement, in which he said gun ownership is a "right, and it's a right that comes with responsibilities."

How can it not come with caveats? Firearms have the potential to do great harm if used improperly. Taking a safety course isn't too much to ask.

Having said that, everything should be done to ensure this mandatory course doesn't become its own cash grab and yet another bureaucratic behemoth.

The anti-gun crowd can learn from this proposed law. Toronto mayoral candidate Olivia Chow's pitch for a total handgun ban doesn't make sense. She confuses the law-abiding owners with the urban gun-crime criminals.

But this proposed legislation respects those who play by the rules.

— QMI Agency

Shipwrecks – Thorscarrier

SKIP GILLHAM
For QMI Agency Niagara

The Norwegian freighter *Thorscarrier* was built at Uddevalla, Sweden, in 1898.

It first came to the Great Lakes in 1966 and made two more trips inland in 1967.

On July 13, 1967, the vessel dropped anchor while downbound in the St. Lawrence River near Cornwall and then ran over it. This punched a hole in the hull and resulted in a significant leak. The damage was repaired and the ship operated until going aground near Karachi, Pakistan, on June 21, 1979.

The vessel, now known as *Nordans*, was on a voyage from Karachi to Kandla, India, when driven aground by a monsoon. The ship became a total loss. While refloated, the 142.4-metre-long bulk carrier was only suitable for scrap and recycling. This was carried out in Pakistan.



PHOTO: APRIL 1962 – CAPT. JOHN LOW, COURTESY RENE BEAUCHAMP



LIKE US ON FACEBOOK

facebook.com/PelhamNews

CALNEWS

■ **PUBLIC SAFETY:** Jeff McGuire's name floated among candidates to replace Bill Blair

Niagara chief could be in line for Toronto job

QMI Agency

Speculation on who will be Toronto's next police chief was a hot topic last Thursday with Niagara Regional Police Chief Jeff McGuire among the names floated in the media.

The buzz came after the Toronto Police Services Board announced it would not renew Chief Bill Blair's contract when it expires in April 2015. McGuire was the acting deputy chief in charge of specialized units with the Toronto service before making the jump to Niagara in June 2012.

On vacation, he wouldn't comment last Thursday on possible candidates to replace Blair.

"I am very proud of my career in law enforcement with both the Toronto Police Service and the Niagara Regional Police Service," he said in a statement. "I am honoured to be the Chief of the Niagara Regional Police Service and have no further comment."

Other names bantered about by Toronto officers speaking anonymously to the Toronto Sun included current Toronto Deputy Chief Peter Selo and Deputy Chief Mark Saunders — either

of whom would be Toronto's first black chief. Deputy Chief Mike Federico's name was also mentioned.

Outside contenders included Barrie Police Chief Kim Greenwood, who would be Toronto's first female chief, and Hamilton's Chief Glenn De Caire.

The Toronto Sun said McGuire might have an edge because of his time with the Toronto service.

Toronto police board chair Alok Mukherjee told the Sun that board members will discuss what they want in a new chief, gather input from the public and then likely hire a consultant to help find the "best" chief for the city.

Rob Ford told reporters last Thursday he wants to see "the best person that's qualified for the job" become the city's new top cop. He shrugged off questions as to whether the new chief should be an internal or external hire.

"It's not my decision," Ford cautioned Thursday. "My personal opinion is I want to see someone who is going to find efficiencies and keep our city safe."

"We're going to have a new police services board, obviously, it is their decision and take it from there."

McGuire was with the Toronto service



Niagara Regional Police Chief Jeff McGuire is 'honoured' to lead the NRP. Speculation suggests he could be in line for Toronto post.

for 34 years, joining in 1977 at age 18. He was in charge of Toronto's homicide squad, led the downtown 51 Division and became

acting deputy chief overseeing 19 specialized units.

He took the NRP's top job after chief Wendy Southall retired after

seven years when her contract expired in March 2012.

karena.walter@summedia.ca

■ **POLICE:** Welland man facing numerous charges

Motorcyclist busted doing 161 km/h in 50-km/h zone

DAN DAKIN

QMI Agency Niagara

A Welland man had his motorcycle impounded and is facing nine traffic offences after being caught driving 161 km/h in a 50-km/h zone last Thursday afternoon.

The Niagara Regional Police's special enforcement unit was out doing a traffic safety campaign when officers were made aware of a motorcycle being operated at a dangerously high rate of speed in Thorold.

Police said the man was travelling 111 km/h over the posted speed limit along the Welland Canal Parkway. He was caught at about 2:40 p.m. near Lock 6 in Thorold.

"It's ridiculously dangerous," said Sgt. Jacqueline Fuentes of the NRP's traffic unit. "If you think about it, the OPP officer who was just injured was probably doing about 115 km/h and he was very seriously injured. This person was doing 161 km/h, which is faster than any vehicle should ever travel. It's just unbelievable."

Fuentes said the stunt was especially dangerous because of the parkway's proximity

to the canal path, which is often filled with cyclists, runners and kids.

"I've had to go last in my career at times and it's terrifying. To do this on a motorcycle?" she said.

NRP Const. Derek Watson said the motorcycle was a 2007 Honda CBR, which is a racing bike with at least a 600cc engine capable of reaching speeds of more than 250 km/h.

The 45-year-old Welland man was charged with stunt driving, driving while suspended, speeding, driving with no insurance, not having a valid permit and other traffic offences. Police were not identifying the man.

The stunt driving charge, for anything over 50 km/h over the speed limit, carries with it an automatic seven-day licence suspension and the vehicle is impounded for seven days. The maximum conviction for the stunt driving charge is \$10,000, loss of up to six demerit points and possible jail time.

dan.dakin@summedia.ca
Twitter: @dandakinmedia

Local

Nectarines & Cantelope

at Gallagher's

Farm Market & Garden Centre

www.gallaghersfarmmarket.com

FRESH PIES • BUTTER TARTS • FLAT BREAD • SUGAR WAFFLES

LOCAL PRODUCE

BLUE PLUMS	BLUEBERRIES	SWEET CORN
SHIRO PLUMS	SPINACH	CAULIFLOWER
STRAWBERRIES	NEW POTATOES	BROCCOLI
PEACHES	JUMBO RADISHES	JUMBO CABBAGE
PLUMS	LETTUCE	PICKLING BEETS
CHERRIES	BEANS	PICKLING CUKES

SEASONED FIREWOOD AVAILABLE

346 HWY 20 WEST, Fonthill (BESIDE E.L. CROSSLEY S.S.)

905-892-0698 • OPEN 7 DAYS A WEEK • 7AM TO 9PM

LOCAL NEWS

DUKIC

'If you make a mistake, that could be the game'

From Page 1

"I'll be happy with any combination that adds up to 11. It's about the game experience and playing the best players in the world," the son of John and Sandra Dukic of Fondhill said.

Competing at the worlds is but the latest reward for someone who began playing chess as a Grade 4 student at St. Alexander School, but who didn't start becoming a chess player until he began competing against adults about five years later.

"That's when I realized I wasn't that kind of chess," he said of an eye-opening experience that instead of causing him to fold his board and put away the pieces strengthened a resolve to "get serious about the game."

"It encouraged me to do better," said Dukic, who qualified to represent Canada at

the worlds by going 4-2-1 at the national championships earlier this month in Montreal.

The world championships don't get underway until six weeks from now, but the national team doesn't have to worry about Dukic becoming complacent and being rocked into a sense of overconfidence between now and then. When he isn't matching wits in a "battle of the board" against live competition, Dukic has been known to spend hours on his computer playing online and writing down every move.

"It's a good way to connect and meet players near your skill level."

After each match — win, loss or draw, across the board, or on broadband — the budding chess master remains mated to his laptop going over every move that was made in the game.

To Dukic, the post-game analysis is critical to learning from mistakes and developing a strategy to benefit from an opponent's missed opportunities. The lesson that chess, like life, has consequences is among the points John Dukic emphasized when he taught his son how to play chess.

"If you make a mistake, that could be the game. It all depends on how bad the mistake is, or if your opponent is to go enough to catch it," said John Dukic, who over time became the student in his household.

"I taught him how to play. Now, he's teaching me how to play properly," the father added with a laugh.

Dukic, an 80 to 90 per cent student whose best subject is, not surprisingly, math, used to play soccer but nowadays spends more time either honing his chess skills or learning

more about the game. However, while chess is a passion, he stopped short of calling it a preoccupation.

"I definitely have gone days without playing."

Yeah, but what about the nights, this reporter asked rhetorically in a followup.

The good-natured ribbing catches Dukic off-guard, but his father responds with a laugh.

"He's got you there! I've heard you staying up playing online," John Dukic said.

Zach Dukic enjoys the last laugh when he's asked whether members of Notre Dame's chess club are regarded as nerds by their schoolmates.

"Probably, but I'm the one who gets to go to South Africa."

bern.franke@sunmedia.ca
Twitter: @TheSportsGuy

IN BRIEF

Kick Cancer Cup aiding Hope Centre

Welland soccer fields on Rice Rd. will be a hub of activity when the Kick Cancer Cup in Memory of Julia Turner returns for its third installment.

More than 20 teams, each paying a \$100 charitable entry fee to support the Hope Centre, will start taking to the back fields at 10:30 a.m. on Saturday, Aug. 17.

Games are run six-versus-six on the field and include players of all ages, whether regular soccer players are those just coming out for camaraderie and to support the Hope Centre. Teams can be a maximum of 10 players and at least two females must be on the field at all times.

The tournament concludes with a "championship game." "It's all for fun," co-host Daniela Cousineau says of the event named after the 15-year-old Notre Dame College School student who died of a brain tumour in late 2011.

Also featured at the fundraiser will be a barbecue, ice cream, face-painting and draws. Sponsors are needed to help with prizes and to offset a new \$500 field rental. Although the rental fee was dropped 50% for the fundraiser, this is the first year it has had to pay for use of the fields since they fell under new management, Cousineau says.

To be a sponsor or to register a team, contact Cousineau at 905-933-5829 or danielcousineau@hotmail.com, or co-host Sam Massal at 289-228-0090.

More details can be found on Facebook at <http://www.fb.com/1pp0rty>.

MP, MPP hosting BBQ, art display

Burgers, hotdogs and artistic talent is being served up by Welland MP Malcolm Allen and MPP Cindy Forster. The New Democrats

host their second annual community barbecue at Battle of Beaversdam Park on Sullivan Ave. in Thorold this Thursday from 4 to 7 p.m.

There will be free hotdogs and hamburgers, face-painting, a demonstration by Mid Science Centre's music

On Friday, 7 p.m. to 9 p.m., a community art exhibition will be held in their Welland constituency offices, both at King and Division Sts.

Art show organizer Holley Corfield said 10 artists are participating in the exhibit, and each of them are bringing multiple pieces to display on the walls of the politicians' offices. She said the exhibit will feature a variety of art styles and mediums, such as oil paintings and photography.

In April, a similar exhibition called Star Small was held at the constituency offices.

Man charged after Port Colborne incident

A 34-year-old Port Colborne man has been charged with carrying a weapon and possession of a weapon.

Niagara Regional Police responded to a house on Clark St. about 5:30 p.m. Thursday after neighbours complained about a man allegedly acting erratically and threatening them with a knife.

The man had left the scene by the time police arrived, but he was arrested nearby a short time later. Charged with two counts of uttering threats and possession of a weapon is Kevin Onis.

Car show at GM plant

Cars, trucks and bikes are in the spotlight at General Motors of Canada's plant show in shine and open house on Aug. 8. The 16th annual event takes place at the St. Catharines GM plant grounds on Glendale Ave. from 9 a.m. to 5 p.m.

More than 500 cars, trucks and bikes will line the field, with Antipatos hosting a barbecue. Also featured will be displays of two 2015 Camaros.

What's described as a "wild chassis Dyno" will let car owners run their vehicles on a dyno to get real-time horsepower and technical analysis of their engine's performance. GM will be helping the United Way with a raffle and 50/50 draw. To show for the show and to register for the show, visit GMPOWERTRAIN.ca and visit the event on Facebook at GM-Powered Show in Shine.



Notice to Members of the Public - Invitation to Apply Niagara Compliance Audit Committee - 2014 Municipal Election

The Municipal Elections Act, 1996 requires all municipalities and local boards to establish a Compliance Audit Committee by October 1 of an election year. In compliance with the Act, the municipalities and school boards of the Niagara Region cooperatively worked together to establish the Niagara Compliance Audit Committee in 2010.

The purpose of the Niagara Compliance Audit Committee is to:

- Consider whether to grant or reject a compliance audit request made by an elector.
- Where an audit is granted, appoint an auditor and review the auditor's report.
- In light of the auditor's report, decide whether legal proceedings shall be commenced.
- Advise municipal council or school board on the result of a compliance audit request.

Applicants must have:

- Demonstrated knowledge and understanding of campaign financing rules under the Municipal Elections Act, 1996, as amended.
- Demonstrated knowledge of quasi-judicial or administrative tribunals.
- Availability and willingness to attend meetings throughout the Niagara Region.
- Excellent oral and written communication skills.

Preference shall be given to applicants that have related experience in law, accounting, local government or academics from related fields.

The term of the Committee will commence in 2014 and continue through to 2018. Municipal Election Candidates have until March 27, 2015 to file their Financial Statements. Any requests for a Compliance Audit will occur after that date. While Compliance Audit requests for the 2014 Municipal Election must be submitted by June 25, 2015, a by-election could result in the need for the Niagara Compliance Audit Committee to sit during the term of Council or School Board. Remuneration, and appropriate mileage, is under review.

Resumes may be submitted through the Niagara Compliance Audit Committee website or dropped off at your municipal clerk's office. More information is available through www.niagaracomplianceaudit.ca Deadline for applications is Friday, August 22, 2014.

Town of Pelham • Clerk's Department • (950) 892-2607



📞 pelham.ca | 📍 20 Pelham Town Square, PO Box 400, Fonthill, ON | ☎ 905-892-2607 | 📠 905-892-5055

RECREATION PROGRAMS & CLASSES

Zumba Classes @ Pelham Arena

Tuesday August 12

7:00 pm - 8:00 pm

Wednesday August 13

7:30 pm - 8:30 pm

Aqua Zumba @ Pelham Community Pool

Monday August 11

12:00 pm - 1:00 pm

Wednesday August 13

12:00 pm - 1:00 pm

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

Walking Club - Everyone is welcome! - August 12 & 14

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Summer Programs - Aquatics & Summer Camps

Our Summer Programs have limited availability. Registration is still available for swimming lessons, Summer Day Camps, Playground Program, Specialty Camps: Bike Camp; Art Camp; Sports Camp; You're the Chef Camp. Registration forms are available at pelham.ca and at Town Hall.

COMMUNITY EVENTS & NEWS

Pelham Farmers' Market - May 1 until October 30 - Pelham Town Square - July 31 - Market Bucks Winner: Ida Chaplin

Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 1 to October 30, 4:30pm till dusk.

Free ((Wi-Fi)) available @ Peace Park in Fonthill. Be sure to check it out when attending any summer events or taking a stroll through the park!

NOMINATIONS NOW AVAILABLE for the 2014 TRILLIUM AWARDS!! - Nomination forms available at Pelham Town Hall or at pelham.ca. All nominations are due by August 7, 2014. Awards Ceremony to take place on Tuesday, September 9, 2014 in the Pelham Library Festival Room.



NOTICE OF ELECTION INFORMATION - MUNICIPAL ELECTIONS ACT, 1996 (S.40)

Pelham Municipal Election Day - Monday, October 27, 2014

NOTICE is hereby given to the Municipal Electors of the Town of Pelham, Regional Municipality of Niagara, that nominations may be filed on any day in the year of the regular election at a time when the Clerk's office is open, weekdays from 8:30 a.m. to 4:30 p.m. Nominations may be submitted up to and including Nomination Day, which is Friday, September 12, 2014. On Nomination Day, nominations shall only be accepted between the hours of 9:00 a.m. and 2:00 p.m. in accordance with The Act.

Nominations are to be submitted in the prescribed form, accompanied by a Declaration of Qualification, also in the prescribed form, signed by the person being nominated and accompanied by the applicable fee. As of the date of creation of this Notice, the fee is \$200 for the Office of Mayor, and \$100 for all other Offices and may be paid by cash, debit, certified cheque, or money order. Proof of citizenship and qualifying address will be required.

Nominations will be accepted for the following offices:

MAYOR & MEMBER OF REGIONAL COUNCIL (One elected at large within Town of Pelham)

COUNCILLOR, WARD 1
(Two to be elected)

COUNCILLOR, WARD 2
(Two to be elected)

COUNCILLOR, WARD 3
(Two to be elected)

MEMBER OF REGIONAL COUNCIL
(One elected at large within Town of Pelham)

SCHOOL BOARD TRUSTEE

English Language Public District School Board of Niagara #22 School Board
(combined area of Thorold and Pelham - Returning Officer Town of Pelham)

SCHOOL BOARD TRUSTEE

English Language Catholic District School Board #50 School Board
(combined area of Grimsby, Pelham, Lincoln & West Lincoln -
Returning Officer Town of Grimsby)

SCHOOL BOARD TRUSTEE

French Language Public District Board #58 School Board
Conseil Scolaire Viamonde
(Combined Area: Welland, Niagara Falls, Port Colborne, Thorold, Fort Erie, Grimsby,
Pelham & Wainfleet - Returning Officer City of Welland)

SCHOOL BOARD TRUSTEE

French Language Separate District Board #64 School Board
Conseil Scolaire de District Catholique Centre-Sud
(Combined Area: Thorold, Welland, Niagara Falls, Pelham, Port Colborne,
Fort Erie, Wainfleet - Returning Officer City of Welland)

Notice dated at the Town of Pelham this 7th day of August, 2014

Town of Pelham - Nancy J. Bozzato - Town Clerk & Returning Officer - (905) 892-2607 ext. 315 - njbozzato@pelham.ca

Pelham • vibrant • creative • caring

■ BUSINESS

Report shows Niagara economy on slow rebound

DON FRASER

QMI Agency Niagara

Sunmier economic times are forecast for Niagara after several years of relative gloom.

That's the gist of a metropolitan outlook report released this week by the Conference Board of Canada.

A big part of that optimism comes from a slow recovery in manufacturing, supported by other areas in the country and driven by a strengthening of demand from the U.S.

"We are expecting a bit of a rebound, but it will be on the slow side," said Greg Sutherland, an economist with the Conference Board, after analyzing the region's overall data.

"We have a moderately positive outlook."

The report says real gross

domestic product growth — a strong indicator of a local economy's health — has fallen over the past three years in the area. Last year's 0.6% expansion was the smallest since a contraction in 2009. However, the next five years will see modest uptick in GDP ranging from a 1.2% to 1.6% change per year.

When calculated from 2009-2018, it places the area ninth best out of 15 metropolitan areas in Canada. The area calculations do not include Grimsby and West Lincoln, which are part of the Hamilton metro census area.

Last year also saw a 4% decline in employment, with the unemployment rate rising to 8.5% from 8% in 2012.

However, the news again became somewhat upbeat, according to the report.

Employment is set to rebound

next year and continue rising, with the unemployment rate forecast to tumble to 6.3% by 2018.

"In a nutshell very, very modest," said Dolores Fabiano, executive director of the Niagara Falls and Welland/Pelham chambers of commerce.

"But it is good news."

She said the report pointed to the new Outlet Collection at Niagara in Niagara-on-the-Lake for its positive impact on slowing cross-border shopping to the U.S. while pumping up local retail sales.

The report also points to an expansion in the troubled manufacturing sector by 3.7% this year and smaller hikes in subsequent years.

As another sign of a possible manufacturing rebound, it says Niagara Region's economic development department survey

found three-quarters of manufacturing decision-makers expect their business to expand.

Construction has been painted as a weaker sector recently, but one that will also turn around to reflect 1.7% growth in 2015 and similar advances in following years.

"Manufacturing wasn't devastated overnight, it took 20 years to get there and (recovery) is going to be a steady long road," Fabiano said.

"I think when we get these little wins, we need to feel good about them and carry on."

Niagara Region director of economic development Bob Seguin pointed out the forecasts can be helped or hurt by changes in world economic and political conditions that can't be predicted.

That said, "the outlook is more positive than one would have thought for the last couple of years," he said, adding in some

ways that reflects the national direction. Seguin also pointed to investments by Niagara Region, other public entities, post-secondary institutions and the private sector. Taken as a whole, they indicate "things working for us they should. We should see a rebound."

That also includes efforts by Niagara manufacturers to "find new business, get their costs in line, be more competitive and open up new marketplaces."

"A number of things are in the right place (but) it might take some lag," he adds if things like GO Train expansion to Niagara and electricity rate relief for businesses in place, it could provide a further economic injection.

The Conference Board report and other board research is available at www.e-library.ca

don.fraser@summedia.ca
Twitter @don_fraser

Niagara Neighbours Summer Specials

\$39 Tickets

\$20 for Students

UPGRADE FOR \$10/TICKET



The Philadelphia Story

by Philip Barry
Glamorous socialite Tracy Lord is tying the knot — if her dashing ex-husband and a handsome reporter don't undo it first!
Champagne anyone?
August 19, September 28 - 30
August 23, 24, September 3, 4, 21, 23, 25 - 8pm



The Sea

by Edward Bond
A theatrical tour de force in our most intimate theatre. A wonderfully unexpected comedy.
August 23, September 12, 17, 20 - 2pm
August 30, 31, September 6, 7, 13, 20, 27 - 8pm



The Charity That Began at Home

by St. John Hankin
What do the world's most unpleasant people need? A weekend in the country? A delightful comic gem.
September 7, 26 - 2pm
August 28, September 28 - 8pm



The Philanderer

by Bernard Shaw
A deliciously witty battle of the sexes, including a once forbidden and still surprising third act!
August 28 - 2pm
September 7, 13, 14, 24, 27 - 8pm

Book your tickets now!

Offer ends August 25

QUOTE CODE 14497 TO BOOK

See Cabaret — for only \$49

"an artistic triumph" — Sun Media

Valid for August 30, 31, September 26 - 2pm

September 5, 9, 19, 30 - 8pm



eBout! Book online and save on the handling fee. \$3.50 online, \$8.50 by phone.

Offer is based on availability; not applicable to previous purchases and cannot be combined with any other offer. See seating, applicable to cash seating for \$50/ticket. Limit of six tickets per production. Prices does not include tax, handling and eTicketing CDF fee.

Sponsored by **REVIEW** **The Standard** **THE TRIBUNE**

Sponsored by **Life Financial**

JACQUE MAXWELL ARTISTIC DIRECTOR, NIAGARA-ON-THE-LAKE, ONTARIO 2014 SEASON APRIL 4 - OCTOBER 26

SHAWFEST.COM | 1.800.511.SHAW

www.Cabaret, Middle Street Theatre, Pines Road and J.A. Co. Grand Hotel, Pelham, Niagara Falls, Ontario, Canada

SHAW FESTIVAL

**When the electricity fails...
How will you be AFFECTED?**

Custom Designed Stand-by Power Installations to Suit Your Needs

Cornell Feenstra Electric Ltd.
All Types of Electrical Installation
Pole Line Installation & Aerial Bucket Truck Service

Call: 905-899-2373
Fax: 905-899-2383

TEMPERATURES ARE RISING!
CALL FOR A FREE ESTIMATE ON A FURNACE & AIR CONDITIONING PACKAGE

WE SERVICE ALL MAKES & MODELS

- MAINTENANCE
- FURNACES
- AIR CONDITIONING

Bob Reid Heating & Air Conditioning
Residential • Commercial
905-892-7787



GET THE LATEST BREAKING NEWS
www.pelhamnews.ca

FUN IN THE SUN: Niagarans are keeping tabs on water quality at seasonal hotspots

Stop in cyberspace before arriving at the beach

GREG FURNINGER
QMI Agency Niagara

When Niagarans head to the beach, must-haves include a towel, sunscreen and Internet access.

Port Colborne mom Barb Wagner makes it a regular practice to refer to Niagara Region's online guide to safe swimming spots.

She did so last Monday evening while with a neighbour as she made plans for the following Tuesday that included a trip to Nickel Beach with her three children and their three friends.

"My neighbour actually checked, while I was sitting with her, with her cellphone."

The region makes water quality test results for the 26 municipal beaches it inspects available at www.niagararegion.ca/living/water/, beaches, from May to the end of August.

"It's one of our most visited sites," says public health spokeswoman Carrie Bettey. "We get a lot of mobile (phone) traffic."

Views, she says, typically spike on Fridays, leading into weekend days off.

Online beach details include whether water is safe for swimming, water temperature, maps, information about beach amenities such as washrooms and parking, and links to weather forecasts for both Lakes Erie and Ontario.

"We're ecstatic to see that people are using it," says Bjorn Christensen, the region's director of environmental health.

He says traffic to the region's beaches web page is second only to that for the upper-tier municipality's Niagara Info Line, which reports restaurant inspection details, including health code violations.

Beaches are posted unsafe for swimming — "We don't

HOW'S THE WATER?

■ www.niagararegion.ca/living/water/beaches
■ Beach Hotline at 905-688-8248 ext. 7793

close beaches," says Christensen — when water tests show unacceptable levels of E. coli bacteria or because of floating debris, oil, excessive weed growth, bad odours and turbidity.

The health department says swimming in these waters could cause ear, eye, nose, throat and skin infections and, if ingested, cause diarrhea.

To what degree an individual may be harmed depends on a variety of factors, including length of exposure and autoimmune system and age — but children potentially at the highest risk of illness.

"Swimming in polluted water can always put people at risk," he says.

Anyone with symptoms should contact their doctor. Wagner wants to avoid those risks.

"Ear infections are the last thing you want to deal with," she says as her young charges splash about. "I try to tell the kids not to put their heads underwater just to be sure."

Joining Wagner at the Port Colborne hotspot is Treva Doyle, who just moved back to Niagara Falls after living in Newfoundland and Labrador for eight years.

She has no children, but she, too, says it's important to monitor beach conditions.

"Whether you get (the water) in your eyes or not you've got pores," Doyle says. "I'm not going to have a day of fun to come home sick and then go to the doctor's office later."

Rainfall can impact on

water quality, for example, by causing sewerage overflows, although steps, most notably at Lakeside Beach in Port Colborne, have been taken to improve sewer infrastructure.

Heat, on the other hand, when combined with calm conditions and shallow water can yield the ideal breeding ground for bacteria, the health department's Christensen says, noting also that bacteria embedded in sands can be carried back to bathing waters by wind-fueled waves.

"There's a lot of science at play."

Unlike a swimming pool, for which water is controlled, filtered and chlorinated, uncontrolled beaches are at the whims of Mother Nature.

Three of Niagara's largest beaches — Nickel Beach, Lakeside Beach and Bay Beach in Crystal Beach — are monitored seven days a week. Other "high-use" beaches are monitored no less than five days a week, he says.

But he also cautions: testing results may not always

be an accurate way to gauge whether you or your children go swimming as conditions can change quickly due to the weather. And for some of the smaller beaches, water sampling results aren't returned from labs for 48 hours.

"The purpose of our site is so that people can make an informed decision," says Christensen. "Nobody is saying you can't go in the water."

But if one beach is posted unsafe for swimming, people can simply refer to the region's website to pick another destination.

Christensen says there's been nothing out of the ordinary this season in terms of unsafe swimming conditions, which can typically arise after a heavy rainfall.

More information on the beaches monitored by the health department is also available by calling the Beach Hotline at 905-688-8248 ext. 7793.

greg.furninger@sunmedia.ca
Twitter: @gregthefib



ROYAL LEPAGE
Niagara Real Estate Centre
Brokerage, Broker/Realtor/Dealers & Consultants

Office: 905-892-0222
Cell: 905-651-5143
rbrown@royallepage.ca
www.homesniagara.com

Richard Brown
SALES REPRESENTATIVE

637 Niagara St., Unit 22 Welland, Ontario
"Selling Throughout Niagara"

IN BRIEF

Old Nashville sound coming to bandshell

This Thursday night's concert at the Fonthill bandshell is taking on an old Nashville flavour.

Saturday night at the Grand Ole Jamboree is a musical tribute to country classics, featuring the

songs of Johnny Cash, Hank Williams, Loretta Lynn, Patsy Cline, Buck Owens, George Jones, Dolly Parton, Tammy Wynette and others.

The show is hosted by The Riverdale Kid (CBC) with two female artists and local Jim Yorlido as Johnny Cash. The show also features The Saturday Night Band and includes the sound of fiddle and steel guitar. The stories and songs are delivered as they were done every Saturday night from The Grand Ole Opry.

The two-hour show in Pelham's Peace Park starts at 7 p.m. Admission is free, but donations are welcome.

For more information, visit www.fonthillbandshell.com.



RBC Financial Planning



Ian McCall, PFP
Financial Planner
289-213-3779
ian.mccall@rbcc.com

Define Retirement Your Way.
Start the Conversation Today.

Advice you can bank on™

Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI), RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec.
© 1998 Trademarks of Royal Bank of Canada, RBC and Royal Bank are registered trademarks of Royal Bank of Canada, 2001. Royal Bank of Canada. Used under license.

We'll give you something to
SMILE
about!

- Full & Family Dentists • Emergencies & House Calls
- Free Consultation • Upper & Lower Dentures
- Same Day Repairs • Referrals to Specialists Available

Horbert Gieger 905-835-2155
188-A West St. Port Colborne

BREATHE THROUGH A STRAW FOR 60 SECONDS.

When your lungs are killing you, that's cystic fibrosis.

Cystic Fibrosis Canada
Something life into the future™

To learn more and support cystic fibrosis research, visit cysticfibrosis.ca

LOCAL NEWS

■ CANADIAN COAST GUARD

Life aboard the Private Robertson V.C.



Commanding Officer Steven Pauley of the Coast Guard vessel Private Robertson V.C. awaits Canal Days Marine Heritage Festival visitors in Port Colborne.

GREG FURMINER

QMI Agency Niagara

It's the nation's most advanced crime-fighting tool on water — and it's also home to a close-knit crew.

It was two years ago in Halifax that the Canadian Coast Guard took command of the *Private Robertson V.C.* from Irving Shipbuilding.

Part of Canada's response to 9/11, it is the first of nine Hero-Class vessels built or near complete to patrol inland waterways and oceans.

Operating with a crew of nine Coast Guard officers — "Coasties" — and as many as five RCMP, OPP or local police officers, or fisheries officers, *Private Robertson* is responsible for patrolling southwestern Ontario, including lakes Erie, St. Clair and Huron.

It's the latest and greatest technology we have," says Commanding Officer Steven Pauley, as the ship was docked along Port Colborne's historic West St. for the Canal Days Marine Heritage Festival. "To be the first crew is an honour."

He speaks of a similar honour when referring to the vessel's namesake.

First World War vet. James Peter Robertson of Nova Scotia, of the 27th Infantry Battalion, was posthumously awarded the Victoria Cross for overtaking a German machine gun unit on Nov. 6, 1917, and later rescuing two wounded soldiers under fire. He died when he was hit by an exploding shell. The private's story, with his image, hangs in the ship's dining area, or the mess.

The 42-metre-long *Private Robertson* has a top cruising speed of 25 knots and its primary role, as a multi-police agency vessel — "When we work with more agencies, it's more bang for the buck," Pauley says — is to provide water security and border patrol to combat such things as smuggling people, drugs, weapons or alcohol. Its secondary role is in search and rescue.

It's equipped with extensive radar and satellite systems and communications equipment. It can be found on the bridge, on deck, in the engine room and even sleeping quarters.

Chief engineer Mike Heslinga, who hails from Courtlandt, Ont., can control all operating functions of the vessel from a touch-screen computer beside his bunk.

There are more than 12 kilometres of computer wiring throughout the ship, Heslinga notes during a tour of its mechanical rooms Thursday.

Closed-circuit cameras monitor for safety and security throughout the

\$22-million vessel on which the working men and women speak in multiple acronyms. For example, the *Private Robertson* has two RIBs — rigid-hull inflatable boats — and its crew functions as a Marine Security Enforcement Team.

Chief Officer Ted van Gaalen of Amherstburg, Ont., a former classmate of Heslinga, both graduates of the Coast Guard college in Sydney, N.S., has been with the service for the past 31 years. He wouldn't have it any other way.

"You have to think outside the box on these types of jobs," van Gaalen says. "It changes the pace up really nicely."

He says public relations opportunities, such as Canal Days, are a great way of not only introducing the tools Canada has to protect its residents, but to engage them in a way that they know they are also important for being eyes and ears of the enforcers.

Unlike in the U.S. where its coast guard falls under its armed forces, Canada's Coast Guard is an arm of the Department of Fisheries and Oceans. Only the police on board are armed.

The Canadian Coast Guard crew spends two weeks on 24/7 duty followed by two weeks off, while police rotate shifts weekly.

Acting petty officer and chief cook Larry White of Port Colborne has been with the Coast Guard for 13 years.

"It's given me a quality of life I like," he says, adding he relishes being able to spend longer periods of time with his family.

At 61, White is the "senior officer" on board. He started as a steward, was eventually recruited and trained to be a chief, and has just qualified to become a logistics, or supply, officer.

"I'd have to be one of the best jobs I've had," White says, putting it up there with his years of running a haberdashery.

Second Officer Elizabeth Terron, of Windsor, says the Coast Guard, too, has offered her a rewarding career.

"It's not like everyday 9 to 5," she says before dashing off on a supply run. "This is home, this is your family."

The *Private Robertson* patrols April to December. Work in the colder months is concentrated on ensuring its ship-shape for the next season.

Life aboard the *Private Robertson*, says Pauley, is always an adventure.

"We fill every moment of the day."

greg.furminer@wmmedia.ca
twitter: @GregAtTheHub

SUMMER FUN WITHOUT GLASSES OR CONTACTS!

\$500 OFF

the total cost of LASIK

for the month of August

Surgery must be done in August 2014 to receive discount.

Cannot be combined with any other discount.

Coupon must be presented on day of surgery.

Discount applies to both eyes

BONUS!

Receive as an added BONUS initial post-op drops, goggles and a 3 year vision care plan valued at \$350 for all procedures performed in August 2014

SEE NOW, PAY LATER!

Book now for our limited time offer!

0% DOWN

0% INTEREST

for one year OAC

Losing your FOCUS?



PROVISION
LASIK & CATARACT CENTRE

1-888-510-2020

905-371-3217

www.lasikprovision.com

6800 Morrison Street, Niagara Falls, Ontario

DR. ANDREW W. TAYLOR
M.D. FRCSC, Dip. A.S.O.



LOCAL NEWS

■ **OPERATION DRY WATER:** Police working to keep Niagara's waterways safe

Keep the beer on the pier

BILL SAWCHUK
QMJ Agency/Niagara

There haven't been any accidental drownings in Niagara this year and the Niagara Regional Police marine unit is focused on keeping it that way — especially when it comes to boating safety.

The NRP was patrolling Niagara's lakes and rivers over the long weekend as part of Operation Dry Water, a Canada-wide campaign aimed at decreasing injury and death related to operating a boat under the influence of alcohol or drugs.

"People tend to treat boating as a recreational activity," Const. Tim Eaton said. "They don't think driving a boat is as serious as driving a vehicle because you are in wide open conditions and out on the water having fun."

Eaton and his partner, Const. Jason Irving, took to Lake Erie last Thursday in one of the NRP's patrol boats, a 30-foot Zodiac with twin

THE RULES

■ In Ontario, drinking alcohol on board a boat in motion is against the law.

■ Boaters can only drink alcohol on boats with sleeping, cooking and washroom facilities and only when those boats are docked or at anchor.

■ Anyone caught operating a boat while impaired can face criminal charges and a driver's licence suspension. The penalties also apply to anyone caught drinking and operating vessels such as canoes, kayaks, personal watercraft, sailboats, dinghies and other inflatable boats and rafts.

300-horsepower engines that can run at a top speed of about 100 km/h.

There were 10-foot waves on the lake during the patrol, which kept recreational boat-

ers ashore, but the swells were no problem for the durable police boat.

Drinking and boating account for 40% of boating accidents, a Canadian Safe Boating Council news release said.

"If you have been drinking, you can't think as clearly and your skills and abilities are diminished," Eaton said. "There are swimmers, Jet-Skis and other vessels out here. Safety is of the utmost importance, especially here on Lake Erie. Within 10 minutes you can go from a nice calm day to six- to 10-foot waves, and if you are not prepared, and aren't experienced navigating these waters, you can find yourself in trouble."

"And when you get charged with impaired operation of your vessel, the penalty carries over to your driver's licence as well."

The marine unit conducts patrols in parts of Lake



BOB TWING/SZYX/STAFF PHOTO

Niagara Regional Police marine unit on Lake Erie. They are expecting the civic holiday to be a big weekend on the water and will be checking for boaters and alcohol. Constables Tim Eaton and Jason Irving are shown on board the boat.

Ontario, Lake Erie and the Niagara River. Education and enforcement are their main duties, Eaton said. They are constantly checking boater safety.

"The majority of my interactions are friendly," Eaton said. "Most people thank us for being out here."

Eaton recounted a time he plucked a grandmother and

her granddaughter from the Erie waters.

"They were off the camping area on Long Point on one of those six-foot inflatable dinghies," he said. "No life-jackets. No safety equipment. They had a paddle. There was a northeast wind pushing them out into the lake and they couldn't keep up with the wind."

"My partner and I were on routine patrol, and we saw them and knew they were way too far from shore. Right away, they asked for help and said they couldn't get back. They were too far out to signal anyone and had no way to display there were in distress."

Bill Sawchuk@summedia.ca
Twitter: Bill_Standard

Husqvarna

Husqvarna lawn and garden tractors.
Enjoy the ride.

325
V-TWIN
HUSQVARNALAWN

Starting at
\$1,999⁹⁹

READY
START

Professional's want results and that's what steers them to Husqvarna products. It's the reason you should drive one of our lawn and garden tractors for yourself. With heavy-duty chassis, reinforced decks, hydrostatic transmissions and ReadyStart® engines, these precision cutting machines will help you perform like a pro. To find out more about our tractors and find a dealer near you, visit husqvarna.ca

CONNECT WITH US ONLINE

© 2014 Husqvarna AB. All rights reserved.

Dr. Kimberly Dobson

DENTISTRY
IN THE VILLAGE

SMILES WITH CARE

*Book for a new
patient exam*

CALL TODAY TO BOOK YOUR APPOINTMENT

905-892-0004

20 HWY 20, UNIT 13,
FONTHILL (In the Fonthill Plaza)

Visit us on line at www.dentistryinthevillage.ca

Zoom!

We Now Offer **Zoom In**
Office Whitening System

905-732-2344

www.DaveSmallEngines.com

618 203 Pelham Road, Welland, ON L3C 3C8

LOYALTY FOR LIFE!

EVERY PRE-OWNED VEHICLE AT CARDINAL KIA COMES WITH OUR **LOYALTY PROMISE:**
 KEEP YOUR VEHICLE SERVICED WITH OUR **AWARD-WINNING TEAM** and you will receive **LIFETIME OIL CHANGES** FOR YOUR VEHICLE!¹

1 Terms and conditions apply. See Dealer for details.

CARDINAL KIA WAS AWARDED #1 BY KIA CANADA FOR BEING THE TOP DEALER IN SERVICE SATISFACTION IN ONTARIO, 9 MONTHS IN A ROW & STILL GOING STRONG!

 2010 FORD EDGE SEL AWD AWD, BLUETOOTH, A/C, HEATED SEATS, FUEL MYERS GROUP, 200HP, 3000L, 100,000 km. BUY NOW PRICE \$176⁺ BI-WEEKLY \$16,995	 2013 FORD ECONOLINE E-250 DIESEL, CLEAN, CREAM, RENTAL, 100,000 km, A/C, 110HP, 100,000 km, 100,000 km, 100,000 km. BUY NOW PRICE \$222⁺ BI-WEEKLY \$24,995	 2013 JEEP WRANGLER SAHARA UNLIMITED, 4WD, A/C, POWER GROUP, 3.0L, 100,000 km, 100,000 km, 100,000 km. BUY NOW PRICE \$302⁺ BI-WEEKLY \$33,995	 2010 DODGE RAM SRT HEMI A/C, 100,000 km, 100,000 km, 100,000 km, 100,000 km. BUY NOW PRICE \$243⁺ BI-WEEKLY \$23,495	 2011 JEEP WRANGLER SPORT A/C, 100,000 km, 100,000 km, 100,000 km, 100,000 km. BUY NOW PRICE \$195⁺ BI-WEEKLY \$21,995	 2009 GMC CANYON SLE W/150 150,000 km, 100,000 km, 100,000 km, 100,000 km. BUY NOW PRICE \$151⁺ BI-WEEKLY \$14,995
 2010 AUDI A4 QUATTRO S-LINE LEADER, LEADER, A/C, HEATED SEATS, FUEL MYERS GROUP, 200HP, 3000L, 100,000 km. BUY NOW PRICE \$196⁺ BI-WEEKLY \$18,995	 2011 NISSAN QUEST CVT 300,000 km, 100,000 km, 100,000 km, 100,000 km. BUY NOW PRICE \$169⁺ BI-WEEKLY \$18,995	 2011 FORD FIESTA SES STANDARD, BLUETOOTH, A/C, 100,000 km, 100,000 km. BUY NOW PRICE \$115⁺ BI-WEEKLY \$12,995	 2014 KIA FORTE LX-4 A/C, 100,000 km, 100,000 km, 100,000 km, 100,000 km. BUY NOW PRICE \$120⁺ BI-WEEKLY \$16,495	 2014 KIA CADENZA BASE LEADER, LEADER, A/C, HEATED SEATS, FUEL MYERS GROUP, 200HP, 3000L, 100,000 km. BUY NOW PRICE \$218⁺ BI-WEEKLY \$29,995	 2013 KIA RIO LX-4 BLUETOOTH, A/C, 100,000 km, 100,000 km. BUY NOW PRICE \$95⁺ BI-WEEKLY \$12,995
 2012 KIA SPORTAGE LX V6 POWER, A/C, 100,000 km, 100,000 km. BUY NOW PRICE \$124⁺ BI-WEEKLY \$16,995	 2010 KIA SOUL LX-4 A/C, 100,000 km, 100,000 km. BUY NOW PRICE \$132⁺ BI-WEEKLY \$13,495	 2010 KIA NIRO LX-4 A/C, 100,000 km, 100,000 km. BUY NOW PRICE \$244⁺ BI-WEEKLY \$24,995	 2011 KIA SORENTO LX-4 A/C, 100,000 km, 100,000 km. BUY NOW PRICE \$141⁺ BI-WEEKLY \$16,995	 2013 KIA FORTE EX A/C, 100,000 km, 100,000 km. BUY NOW PRICE \$102⁺ BI-WEEKLY \$13,995	 2011 KIA RONDO EX V6 A/C, 100,000 km, 100,000 km. BUY NOW PRICE \$111⁺ BI-WEEKLY \$12,495

*ALL PRICES ARE PLUS HST & LICENSING

WE HAVE A HUGE SELECTION! OVER \$1 MILLION IN QUALITY PRE-OWNED INVENTORY TO CHOOSE FROM!
GUARANTEED FINANCING FOR ANY CREDIT WITH RATES AS LOW AS 0.9%!¹



"I come with a remaining factory warranty!"



CARDINAL KIA

7818 Oakwood Drive | Niagara Falls, ON
 905.371.0622 | 877.378.3542 | www.CardinalKia.com



The Power to Surprise™



Cash purchase prices shown are based on the current dealer and do not include HST & licensing. Interest rates on Kia Certified Pre-Owned models start at 0.9% CAC. Interest rates on other makes/models start at 4.99% CAC. Interest rates on used and leased vehicles are as follows: 4.9% over 72 months CAC, 5.4% over 60 months CAC, 5.9% over 48 months CAC, 6.4% over 36 months CAC, 6.9% over 24 months CAC, 7.4% over 12 months CAC. Other rates available. *Down payment may be required. Kia Certified Pre-Owned models are backed by a 3-year/50,000 km comprehensive warranty, or in the United States for a length of warranty, and up to 200,000 km on the powertrain. Terms are determined by individual country. Other conditions apply. See Dealer for complete details on this and other information about remaining factory warranties on select vehicles. *These customers who purchase a car covered vehicle at Cardinal Kia will receive lifetime oil changes for their vehicle. Oil changes are performed only at Cardinal Kia, and only when all regular general maintenance is maintained and performed at Cardinal Kia. Customers who do not provide their vehicle regular maintenance at Cardinal Kia are not eligible for the loyalty program and therefore will not be eligible for oil changes. Oil change program is non-transferable, cannot be substituted, and has no cash value. Dealer may charge after all work without notice. Apply in store or online for the Kia Finance Card and start earning points toward future savings. Points cannot be earned on cash or discontinued services. All maintenance is performed at the discretion of the time or place. Other and pricing may change without notice. © 2014



Dog Gone Good Summer

Sizzling Sale



**Dundee or
Westchester
Hardwood**

2 1/4" or 3 1/4"

ONLY

\$5⁹⁹
sq ft

**Frontier Hickory
or Birch
5" Engineered**

\$4⁶⁹
sq ft

**12.3 mm
Laminate
5 colours**

\$1⁴⁹
sq ft

**8mm
Laminate
4 Beautiful Colours**

99¢
sq ft

**Luxury Vinyl
Plank Flooring**

\$2⁷⁹
sq ft

Remnants.... Remnants.... Remnants

Sizes From	3x12	@	\$29 ⁰⁰	x 18"
Sizes From	4x12	@	\$45 ⁰⁰	x 18"
Sizes From	6x12	@	\$69 ⁰⁰	x 18"
Sizes From	9x12	@	\$99 ⁰⁰	x 18"
Sizes From	10x12	@	\$129 ⁰⁰	x 18"
Sizes From	12x12	@	\$149 ⁰⁰	x 18"
Sizes From	15x12	@	\$179 ⁰⁰	x 18"
Sizes From	17x12	@	\$199 ⁰⁰	x 18"
Sizes From	20x12	@	\$279 ⁰⁰	x 18"

Free Delivery

**Clear Out
Carpet or
Vinyl Remnants**

**50%
OFF**

\$50 OFF

YOUR PURCHASE OF \$499 OR MORE
with Coupon. Not valid with any other
offer or special. Expires Aug 31, 2014

\$75 OFF

YOUR PURCHASE OF \$799 OR MORE
with Coupon. Not valid with any other
offer or special. Expires Aug 31, 2014

\$100 OFF

YOUR PURCHASE OF \$1000 OR MORE
with Coupon. Not valid with any other
offer or special. Expires Aug 31, 2014

**Beautiful
Smart Strand
Sik
Starting at**

\$2⁹⁹
sq ft

WARRANTY ON:

- Lifetime Manufacturing Defects
- Lifetime Stair
- Lifetime Pet Urine
- Lifetime Soil
- Lifetime Abrasive Wear
- Lifetime Texture Retenture
- Lifetime Anti Static
- Lifetime Fade Resistance

KARASTAN CARPETS

Since 1928 Karastan has built a reputation as the
premiere brand of high quality floor covering. Their
legacy is built on **QUALITY, STYLE and CRAFTSMANSHIP**
Karastan 100% wear dated, Kashmiri BCF NYLON,
starting at

\$3⁹⁹
sq ft

WE MEASURE IT • WE INSTALL IT • WE GUARANTEE IT

**A-1 FLOORING
WELLAND**

6 Clark Street, Welland
905.735.3223 • 1.800.827.4230
a1flooringwelland.ca

Financing Available - See Store for Details



Advertised items not applicable to prior finalized sale. See installation policy regarding yardage
on vinyl and carpet installation. Small extra charge on halls, stipes and bathrooms.



Monday - Thursday 8am - 6pm

Friday 8am - 7pm

Saturday 9am - 4pm

SPORTS



NO ONE IS ALONE IN THE FIGHT AGAINST CANCER

No matter where you live or what type of cancer touches you, the Canadian Cancer Society is here to help. Get reliable information, talk to someone who's had a similar cancer experience or receive help getting to treatment.

Visit www.cancer.ca or call (519) 537-5592 or 1 888 939-3333.



1 888 939-3333 | www.cancer.ca

■ **ROWING:** Second time the charm for Jacob Koudys at world championships

Crossley grad steers Canada to gold as crew's coxswain

BERND FRANKE
QMI Agency Niagara

Jacob Koudys doesn't regard the gold medal he won at the World Rowing Under-23 Championships as the sport's equivalent to a windfall in frequent flyer points.

Though he didn't have an oar in his hands and wasn't among the rowers who swept Canada's men's coxed four to a come-from-behind victory July 26 in Italy, the 20-year-old Fonthill native bristles at the suggestion that he was "just along for the ride" as the crew's coxswain.

"You don't have to worry about being sensitive, I've heard them all before," a chuckling Koudys said of specializing in a position that outside of rowing circles — and sometimes in — is under-appreciated and thought of as an after-thought, if it's thought of at all.

Koudys, who in September will be entering his fourth year as a psychology major at University of Victoria, has heard coxes dismissed as ballast and as passengers taking in a regatta from the best seat in the house.

"Crews who say that have never rowed with a good coxswain," he said after taking part in his second world championships as a member of the national under-23 team.

Indeed, the E.L. Crossley Secondary School graduate transferred to UVic after two years at Queen's University in Kingston to be closer to Rowing Canada's national training site on Elk Lake on Vancouver Island.

Coxswains, he said, steer the boat and, as the only one among the crew with access to the stroke rate, know exactly when the next phase of a race plan needs to kick in.

"There is a lot of technique involved. It's a pretty important role for guiding the boat," he said in describing the coxswain as "coach within the boat."

When it comes to training, there's no separation between rowers and coxes. Every one in the boat is tired and bleary-eyed when they hit the water before dawn.

"You're in the boat every single day with the crew, and you go over the race plan each and every day."

Though it hardly started that way, it was Canada's race plan that wound up winning the day in the gold medal race at the worlds. Coach Terry Paul's crew of Trofym Anderson, a Crossley alum heading into his senior year as a

business major at George Washington University; Martin Barakso; Tim Shriver and Michael Thornton was fifth a quarter of the way into the 2,000-metre final.

Maintaining their 37-stroke rate, the Canadians took the lead at the 1,000-metre mark and never relinquished their front-running position despite a late challenge from other countries nearing the finish line.

Koudys said the die for Canada's gold medal was cast in the qualifying heat against New Zealand. He suggested beating the New Zealanders at their own game — a strong push in the three-quarter phase of race — would not have been possible had Canada not had the luxury of scouting "the boat to beat" in the repechage or second qualifying.

The Canadians found themselves trailing New Zealand by about three to four seat lengths with 550 metres remaining in the qualifier. Normally, Canada wouldn't bring its finishing push until there was only 450 metres left in the race, but Shriver, setting the pace from the stroke position in the boat, decided to get into the higher gear.

"We put on an early finish and they tried to get ahead, but they ran out of gas."

Koudys said Shriver made the right call knowing that a bye into the final was at stake by placing first in the qualifier.

"When you're faced with a situation like that, when you have the opportunity to rest, you put everything on the line and go for it."

The bye freed Canada to observe New Zealand in the repechage. That, Koudys said, proved to be a boon for Canada.

"Instead of being in a race and worrying about your own race plan, you can observe crews objectively," he said.

Last year Anderson and Koudys were crewmates in a men's coxed four that finished fifth for Canada at the world under-23 finals in Austria.

In September Koudys once again will be steering a boat Canada at an international competition. He has been selected as the coxswain for the men's eight that will represent Canada at the World University Championships in Gravellines, France.

bernd.franke@sunmedia.ca
Twitter: @frbSportsDesk



Besma Family Dental Centre

Dr. Rashid And Associates

NEW LOCATION
State of the
Art Facility
rashiddental.com



Dr. Rashid Rashid, D.D.S.
Dental Surgeon

HOSPITAL DENTAL CARE

with General Anaesthesia available, Covered by OHIP

Call our office for details

167 Riverside Dr. Welland

905 734 9214

rashiddental.com

VISA | MASTERCARD | DEBIT | PAYMENT PLAN



DIGITAL XRAY



New Patients are always Welcome!

EVENING HOURS



PAYMENT PLAN

Caring, preventive and Preventive Dental Care for the whole family, from the Besma Family Dental Centre

SPORTS

■ **ROWING:** Welland native realizes dream at under-23 championship in Italy

World championship gold

DAN DAKIN
QMI Agency Niagara

Trofym Anderson had just finished up a training session with his Canadian rowing team crew in Victoria, B.C. seven weeks ago when the group made a decision that would culminate in a world championship.

"Someone made a comment that we should just try to win it," the 22-year-old Anderson said in a phone interview from Italy.

The Welland native was sitting at the Milan airport getting ready to fly to Greece for some much-needed rest 48 hours after he and the rest of Canada's men's coxed four crew won gold at the World Under-23 Rowing Championships in nearby Varese, Italy, on July 26.

Anderson said when he looks back at that conversation at the national training centre in Victoria, he realizes it was a catalyst for the team.

"It quickly changed from the goal being just getting a medal to winning being the only thing that needed to happen or we would be disappointed."

Anderson started rowing in 2006 in high school and helped both Notre Dame and E.L. Crossley rack up numerous prestigious titles, including gold medals at the Canadian Henley, Canadian Secondary School Rowing Championships and the Stotesbury Cup Regatta.

By 2010 he made Canada's national junior men's eight team, which won the B final of the World Championships in the Czech Republic. He went on to row for George Washington University, where he majored in business administration and is headed back to take his masters in the fall.

Anderson made the national under-23 team and went back to the World Championships in Austria last year, but after the men's coxed four team made it to the finals and finished fifth, he was motivated to podium this time around.

"It was kind of an eye-opener," he said of the 2013 worlds. "Up until then my goal was always just to make the team. After we made it but didn't win, my goal was to win a medal."

Anderson was the only returning member of the men's coxed four team, but he said the crew that raced and won gold in Varese all had the same focus.

"We had a really good group of guys and everyone had the same determination to win."

After winning their heat race, they advanced straight to the final July 26.

"That was a long two days trying to keep our heads together and to keep on track. Looking back it was stressful," he said.

In the end, though, the Canadians edged out New Zealand by half a second to win gold. It was Canada's first men's under-23 medal in five years.

It also marked the end of Anderson's junior career.

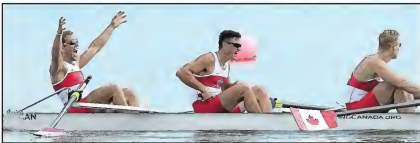
He'll be too old to race under-23 next year and with his four years of eligibility at the collegiate level now complete, his focus over the winter will be training to make Canada's senior men's team for the Pan Am Games in Ontario next August.

"It would be pretty epic," he said of racing at the Henley course in St. Catharines, which will host the rowing events for the Pan Am. "It would be great to be home in St. Catharines where it all started for me."

Anderson's long-term goal is the make the 2020 Olympic team.

"Canada is really focusing on the four and the quad and it's a pretty established team, so it's probably quite late for Rio (2016), but I think if I could make the Olympics it would be 2020 that would be realistic," he said.

dan.dakin@sunmedia.ca
Twitter: @dandakimmedia



SPECIAL TO THE QMI AGENCY NIAGARA: OCTLEY SEYB, MYROWINGPHOTO.COM/ISA

Trofym Anderson, left, celebrates after the Canadian men's coxed four team won the 2014 World Under-23 Rowing Championship gold medal in Varese, Italy.



**Pelham Hills
Golf Club**
www.pelhamhills.ca

FRIDAY GOLF SPECIAL

From
8am-2pm

18 holes \$25*

Walking

18 holes \$35*

Riding

* Tax Included - Call For Tee Times

FRIDAY NIGHTS GOLF & DINNER - Mixed Couples

After
3pm

9 Holes and Fish & Chip Dinner

Walking \$40

+ tax per Couple

Riding \$50

+ tax per Couple

FRIDAY

FISH & CHIP DINNER

\$995

+ tax
Open to the Public

After
3pm

Visit

www.pelhamhills.ca

for more
Golf Specials



FIRST SWING GOLF

Looking for Golf Instruction?

From beginners to advanced players,
juniors to adults, First Swing Golf is

your first choice for lessons! Based out of Lookout Point
Country Club, Zac Henderson (PGA of Canada Class
"A" Professional) can get your game into shape!

Visit www.firstswinggolf.ca for more details.

Call or email us at: 905-380-1908 • Zac@firstswinggolf.ca



Pelham Hills Golf Club

196 Webber Road, Pelham, Ontario • 905-735-6768 • www.pelhamhills.ca



LOCAL NEWS

nEWS without paper

If you love the **Welland Tribune** and want access to it when and wherever you want, then look no further than our all new e-edition, a direct digital replica of the complete newspaper in its original print format.

A subscription will save you money, ensure the newspaper is available as you wake up and ensure that you have a great browsing experience irrespective of what device you are using.

The e-edition is equipped with simple tools that make it easy to navigate. You can turn pages with a simple click of a mouse and zoom in for easy reading.

To order your on-line subscription visit:
Edition.wellandtribune.ca
Promo code:2013\$3.99

\$3.99
per month
or
13¢ per day

Roadside plants teach valuable lessons

There is something magical about a walk in the country on a summer afternoon. We have the same sunlight, birdsong, trees, meadows and flowers at home, and yet today's walk along the Lake Huron shoreline renewed my sense of wonder.

Could it be a sense of freedom that comes from being on holiday that transforms the everyday into the sublime?

Sunlight slips between the trees, creating soft patterns of shadow and light, unfamiliar bird song echoes in the treetops, the incessant wind roars along the shoreline. Before long, my mind has relaxed and travels to quiet, simple moments of colour along the route.

In the distance, a patch of vibrant orange day lilies catches my eye and I slow down to enjoy the display.

Old-fashioned, sturdy and dependable, single orange daylilies (*Hemerocallis fulva*), often dubbed ditch-lilies and considered too plain for sophisticated gardens, are under-appreciated. Planted en masse and left to their own devices, a substantial hedge of green, blade-like leaves supports tall wands of vibrant orange blooms during July and August, brightening an otherwise monotonous hedgerow.

A superb colonizer, this daylily has naturalized in many parts of the country and is often seen growing along roads, often in very poor soil.

Daylilies are adaptable perennials, easy to grow, quick to multiply and virtually pest-free. As a problem solver, this species curbs soil erosion when planted on slopes and is rabbit-resistant.

Patches of similar orange daylilies have colonized quiet areas along the road; my eye is drawn to the next patch of colour.

The play of colour in this humble ditch is fascinating. Wands of purple loosestrife (I know, it's a thug) create a cheerful colour pairing with the tawny daylilies. It's a colour combination I would not brave at home, and yet it looks quite striking.

In the background, patches of pinkish-mauve Joe-Pye weed (*Eupatorium*) are just coming in to flower.

Joe-Pye weed appears in the ditches along country roads in Grey and Bruce counties and is a magnet for bees and butterflies alike. If you are looking for a plant that doesn't mind having wet feet, pond-side or in a low-lying area, this plant is ideal.

I like to see the plants peeking out between tall grasses and reeds along a country road. At home, they are quite happy to form a sturdy patch along the back of my perennial border.



Green Thumb

Eupatorium maculatum 'Gateway' stands four feet tall, blooms from late July until well into the autumn. Offer Joe-Pye weed humus-rich, moist soil in full sun or part shade, and it will be virtually trouble-free.

The cottage road ends in a gravel lane, the last leg of my route before a I pick up the woodland trail.

The gravel road enjoys a sunny disposition and is edged with patches of one-eye daisies and blue chicory plants.

Chicory (*Cichorium intybus*), so common along dry, inhospitable roadsides throughout southern Ontario, is a fascinating plant. Wiry stems spread laterally and bear delicate-looking, powder blue flowers with 16 to 20 strap-like toothed petals.

Pink and white strains, though less common, are also found. Flowers, usually in groups of two or three, appear along the stem on a leaf axil in July and August, and are sensitive to light — they open early in the morning and often close by noon, but will stay open longer on cloudy days.

A low rosette of dandelion-like leaves appears at the base of each plant, the young leaves are edible as a salad green.

The deep taproot was once dried, ground and used as a coffee substitute. A blend of chicory powder and coffee is still served in New Orleans. Chicory is frequented by bees and butterflies.

Roadside and meadow plants teach valuable lessons. If only we slow down and listen to their stories. We can learn about suitable plant habitats by observing which plant families prefer a moist site over a dry, gravelly environment.

Meadow gardeners offer insights into combining flower colour, texture and form in new and unusual ways. We might not want to grow these exact plants, but they demonstrate evolving palettes of colour. Studying nature provides valuable insights that we can apply to our home gardens.

Tomorrow morning, I'll be heading out along the country roads with my camera to study Mother Nature's handiwork. It's a great way to relax.

Theresa Forte is a local garden writer, photographer and lecturer. Contact her at 905.351.7540 or by e-mail at theresa_forte@sympatico.ca.

Library Notes

For PelhamNews

When this column appears in the Pelham News it will be Aug. 7 and almost the last day of the summer children's programs at Pelham Public Library.

There will be one segment of Mad Science — namely Lights, Colour, Action — on Aug. 12, and the end of the summer reading club will be that same week. The reading club barbecue — children who signed up for the club will get a free hotdog or hamburger and a drink — will be at noon on Friday, Aug. 15. The only other event, which is open to both children and adults, is the ice-cream social and involves making ice cream in a baggie and then consuming the result. Delicious! It takes place at 2 p.m. on Monday, 2 Aug. 25, and costs \$4 a person. Pre-registration required (so we can order sufficient supplies to prevent anyone going "icecreamless").

For adults, there is a program called Be Smart, Stay Safe on Tuesday, Aug. 12, 6:30 p.m. to 7:30 p.m., on using medications safely. Pharmacist Frank Sicoli of the Fonthill Shoppers Drug Mart will also talk about the services available to help seniors and caregivers manage the various

medications. This is free, but please pre-register.

The other program of note is Grimsby Beach: Then and Now on Wednesday, Aug. 13, at 7:30 p.m. Anyone who knew or knows Grimsby Beach or has an interest in vernacular Ontario architecture will enjoy John Allan's contemporary and historic photos of the village and his talk about restoring his own home. Cost is \$4 a person. Registration is required.

As always, there are TGIF Crafting sessions from 1 p.m. to 3:30 p.m. on Friday the 8th and 15th, a Gadget Clinic on Saturday the 9th from 12:30 p.m. to 3:30 p.m. and a meditation group on the same day from 2 p.m. to 4 p.m. Easybridge takes place 10 a.m. to noon on Monday the 11th.

And last, but by no means least, there is the library's giant book sale, which caters to everyone, young and old. As usual, our patrons and friends are being incredibly generous with their donations of books, games, puzzles, etc., and we anticipate another spectacular event. The sale starts on Monday, Aug. 18, and will continue until Saturday, Aug. 23, whenever the library is open. Come one, come all! Get rid of your old books. Buy other people's.

And speaking of books, check out the flood of new books that catalogue Clare has been shepherding onto the shelves of the library. Just picking at random, there are new novels by all the usual suspects: Alafair Burke, Orson Scott Card, Linda Fairstein, Diana Gabaldon, Eric Van Lustbader, James Patterson, Ridley Pearson and Nancy Thayer.

There are also many by less familiar authors. One patron commented that *All the Light We Cannot See* by Anthony Doerr, a first novel, was the best that person had read for years, and that Chevy Stevens, also a relatively new author, was very good.

In non-fiction, *A Long Way Home* by Saroo Brierley, the story of an Indian boy who got separated from his family on the train and was brought up in England by kind strangers, and finally found his way back to his village in India as an adult, sounds extraordinary. *What Makes Olga Run?* by Bruce Green, about a 93-year old track and field competitor, stands out as does a new biography of Paul McCartney. And then there are the oddities, such as a large print copy of the *Official MTO Driver's Handbook*. Something for everyone indeed.

See you at the library.

LOCAL NEWS



AARON BOGGIO
R.N. B.Sc. PHM



BOGGIO
Family of Pharmacies

Ask Our



RON PARTON
R.N. B.Sc. PHM

Pharmacists A HEALTHY HEART IS A HAPPY HEART!

Daily physical activity is the regular use that your heart needs to continue functioning properly. According to Canada's Physical Activity Guidelines, adults 18-64 should be doing a total of at least 150 minutes of aerobic activity each week. Aim for about 30 minutes of exercise on most days of the week. Activities may include brisk walking, bike riding, dancing, or jogging. The best way to get started is to incorporate physical activity into your daily routine. Take the dog for a brisk walk around the block, spend a day at the park with the family on the weekend, do some gardening, or maybe join a dance class and make some new friends too!

Along with a well-balanced diet and daily physical activity, your heart needs a check-up every once in a while. Your doctor can check your weight, blood pressure, cholesterol levels and blood sugar during an appointment to see that your heart is in good working order and may make recommendations to you based on the results.

Drinking too much alcohol, smoking and high levels of stress can also have negative effects on the heart. If you drink alcohol, limit yourself to no more than two drinks a day for women or three drinks a day for men. If you are a smoker, the sooner you become smoke-free, the sooner your body will recover. Talk to your pharmacist about ways to kick the habit. Everyone experiences the feeling of being stressed at some point or another, but the key is how you handle it. It may be as simple as taking a few deep breaths for some people, while others may do daily meditation or practice yoga to remain stress-free. Taking time for yourself each day to do something you enjoy is another way of keeping your stress level to a minimum. Find a new hobby, activity or project that you might enjoy doing either on your own or with friends.

Decide to make one change this month and maybe add another next month. Before long, you'll be right on track to keeping your mind, body and heart happy and healthy.

BOGGIO & PARTON PHARMACY

155 Hwy. 20 W., Fonthill

905-892-4994

www.boggios.com

ABOVE GROUND POOL SALE

Save an additional
\$200
with purchase of
Elixir Pool

B.O.G.O.
Buy 1 Get 1 FREE
with purchase of aboveground pool
While quantities last. Limited time offer.

Aqua-Blue
30th ANNIVERSARY Pools Spas & Bath Fixtures

633 King Street, Welland 905.735.9131
www.aquablue.ca • Mon-Fri 9-6 • Sat 9-4



GET THE LATEST
BREAKING NEWS

www.pelhamnews.ca

LOCAL NEWS

■ POLICE

Cat flung from apartment balcony

QMI Agency Niagara

A woman faces several charges after a cat was thrown to its death from a fifth storey apartment unit.

Niagara Regional Police were called to an apartment building in the downtown core of Niagara Falls July 24 and found a dispute had occurred between two female residents of the building over a male tenant.

As a result of the argument, police

said, one woman entered the other's apartment and threw her cat off the fifth floor balcony.

Niagara Falls Humane Society was called in and attempted to save the cat, however it later died of its injuries.

Charged with one count of break and enter and one count of killing an animal is Marilyn Mitton, 63, of Niagara Falls.

60 YEARS OF FURNITURE DESIGN

What An Accomplishment!

PASSION
GOOD PRODUCT
GREAT LOYAL
CUSTOMERS

For This, The Artinian Family Thanks You

Stop By • Say Hello • Browse Our Showrooms

*Enjoy What We Have Loved Creating
For 60 Years*

~ Andy, Charlie, Natalie Artinian & Staff

DUNN'S

Furniture Fashions ~ Since 1954

SOLID WOOD • LEATHERS • UPHOLSTERY

NIAGARA'S PREMIER SHOWCASE OF SOLID
CANADIAN FURNITURE FOR 60 YEARS

255 Bunting Rd, St Catharines, ON

905-684-9414

Open Monday – Friday 9-5:30, Saturday 9:30-5, Closed Sunday

www.dunnsfurniture.ca

Sobeys

CHARITY GOLF TOURNAMENT

TO SUPPORT NIAGARA NUTRITION PARTNERS
AND E.L. CROSSLEY ATHLETICS PROGRAM



SEPT 15, 2014
SHOTGUN 11:30 AM

LOOKOUT POINT COUNTRY CLUB

\$165 PER PLAYER
SCRAMBLE FORMAT

THE FEE INCLUDES:
18 holes of golf, cart, range balls,
dinner and prizes.



REGISTER BY EMAIL: HKORE@BELL.NET

20 PILLS A DAY

JUST TO
DIGEST
YOUR FOOD.

Another reason
cystic fibrosis
is so hard
to swallow.



To learn more and
support cystic fibrosis
research, visit
cysticfibrosis.ca



**Cystic Fibrosis
Canada**

Breathing life into the future®



PELHAM NEWS WEEKLY

ENJOY OUTDOOR ADVENTURES! WITH YOUR SUBSCRIPTION TO THE TRIBUNE

SAVE OVER! 78% OFF THE NEWSSTAND PRICE!

ONLY \$84.00* FOR 26 WEEKS OF HOME DELIVERY!

ENJOY CONVENIENT HOME DELIVERY OF THE WELLAND TRIBUNE AND RECEIVE A ONE YEAR SUBSCRIPTION TO YOUR CHOICE OF COTTAGE LIFE OR OUTDOOR CANADA.

ENJOY THIS GREAT CANADIAN NEWSPAPER COMBO FOR AS LITTLE AS \$3.25/WEEK!

TO TAKE ADVANTAGE OF THIS OFFER PLEASE CALL TOLL FREE 1-855-533-5594 OR EMAIL US AT websservices@sunmedia.ca

Offer valid to new subscribers only who have not had home delivery in the last 30 days. 26 weeks of home delivery plus your choice of Cottage Life or Outdoor Canada. Price includes HST. Offer is valid only where home delivery is available not available in all areas and may not be used in conjunction with any other offer. Please allow 10-12 weeks for mail delivery of your selected magazine. 1 year subscription to Cottage Life and Outdoor Canada equals 8 issues. Credit Card Payment Option only. Total obligation \$80.00 + \$4.00 tax=\$84.00. Offer expires August 30, 2014. If responding by e-mail please remember to include your full name, mailing address and phone number in your email. A customer service representative will contact you within 48 hours of email receipt to collect credit card information and choice of magazine.

AUGUST 8

CAT ADOPTIONS

Niagara Action for Animals and Niagara Spay Neuter Assistance Program are holding a "Mega Cat/Kitten Adoption Event" this day 10 a.m. to 7 p.m. and Aug. 9 a.m. to 5 p.m. at Forthill Pet Valu, 20 Canboro Rd., and Welland Pet Valu on Fitch St. Adoption fee of \$50 includes spay/neuter, first shots and microchip. Contact N-SNAP 289-897-8514 or NAFSA 905-682-4970.

AUGUST 9

MEDITATION

at Pelham Public Library. Marcia leads you through different types of meditations, 2 p.m. to 4 p.m. Great for beginners and people who have meditated before. Bring a pen and notebook. Cost \$3. Register ahead at 905-892-6443.

AUGUST 12

USING MEDICATION SAFELY

Whether you're on one medication or many, find out from Shoppers Drug Mart pharmacist Frank Sciolli how to use medications safely. Find out what services are available for seniors and caregivers that can help you manage. His presentation is 6:30 p.m. to 7:30 p.m. at Pelham Public Library. Free. Register ahead at 905-892-6443.

AUGUST 13

GRIMSBY BEACH THEN & NOW

In 1859 a permanent Ontario Methodist Camp Meeting Ground was created at Grimsby Beach. Its success led to the establishment of a whole community. John Allan, who bought a Victorian home there in 1967, will share his photos at Pelham Public Library at 7:30 p.m. Cost \$4. Register at 905-892-6443.

AUGUST 18

GIANT BOOK SALE

until Aug. 23 at Pelham Public Library. Books, puzzles, movies, software and much more. On the Saturday fill a grocery bag for \$2. Gently-used donations accepted all year. Musty books, encyclopedias, textbooks and magazines not accepted.

AUGUST 25

ICE CREAM SOCIAL

for children and seniors (adults welcome), at Pelham Public Library. We will be making ice cream in a baggie — sharing in the work and eating the rewards of our labour. Bring your mittens. Starts 2 p.m. Cost \$4. Register ahead at 905-892-6443.

ONGOING

ROSE CITY TOASTMASTERS

Have fun and improve your communication skills, for free at any or all of the Rose City Toastmasters summer meetings: July 10 23 and Aug. 7 and 20, 7 p.m. to 9 p.m. in the Lower Community Room of Welland Arena, 501 King St., Welland. Visit welland.toastmastersclubs.org.

SECOND CAREER

Information sessions at Employment Solutions, 3 East Main St., Welland, on Aug. 5, 8, 15, 22 or 29; 10 a.m. to 11 a.m. Call 905-7851 or e-mail reception@employment-solutions.org to reserve a spot.

SPAN

(Single Person Association of Niagara) is a social club since 1982 for mature singles who meet and mingle at Iggy's Pub, 115 Hwy. 20, Forthill, every Tuesday from 6 p.m. to 8 p.m. Offers members a monthly calendar of social activities. Further information, call Lynne at 905-788-0359.

BEGINNER BRIDGE

Learn as you play, at Pelham Public Library, Ed Hills, a certified instructor with the ACBL and ABLA, will walk you through your first steps. Mondays July 14, 28, Aug. 11, 25 from 10 a.m. to noon. Free. Register ahead at www.pelhamlibrary.on.ca or 905-892-6443.

APPLE DUMPLING CAFE

Saturdays 8 a.m. to 11 a.m. at Holy Trinity Church, Division St., Welland, market square entrance. Hot apple dumplings with sauce, plain and raisin scones, clotted cream and jam, tea and coffee. All proceeds to the work of the church.

OPEN ART NIGHTS

Join us every Tuesday from 8 p.m. at 75 West Main St. Open to all adults. Bring your own equipment, supplies, and materials and enjoy a social environment with other creative people. Open to painters, illustrators, photographers, or anyone who can make something out of their own forms. For more information, contact deadpoast76@gmail.com or check out bitvix.ca.

Maple Leaf Fudge
World's Finest Fudge made with Real Butter
FEATURING PEACH FUDGE!
• TV Products • Candies &
Maple Sugar Products Available

114 Queen Street, Niagara-on-the-Lake
www.mapleleaffudge.com



Gary Burroughs
Regional Chair

**Congratulations to our
Niagara-on-the-Lake
growers for another
successful season
producing world class
peaches!**

Niagara Region

Thank you to our
Niagara-on-the-Lake
growers for providing
us with the finest
peaches in the world.
Best wishes for a wonderful 2014
Peach Celebration.

David Cole
Lord Mayor Dave Cole
and Town Council



St. Vincent de Paul Parish Peach Festival

73 Picton Street, Niagara-on-the-Lake
Sunday, August 10, 2014
11:00 a.m.-3:30 p.m.
White Elephant Table Open 8:00 a.m.



*Bring your family
and friends
to an afternoon
of food, fun and
fellowship!*

Bring your children, grandchildren or children from down the street to enjoy a great afternoon of fun! Come out and enjoy peach pies, peach crepes, peach punch, peach sandwiches, hamburgers, hot dogs, pork on a bun, and fresh baked goods. Pick up some fresh peaches, or jam while browsing the jewellery table & white elephant table.

2014 PEACH CELEBRATION EVENT SCHEDULE

Saturday, August 9 • 10 am - 5 pm • Queen Street • Niagara-on-the-Lake

10:00 AM: PEACH MARKET

ON QUEEN STREET
Local growers will be set up on Queen Street selling freshly picked, Greenbelt-grown peaches, alongside churches and food vendors selling a variety of tasty peach-infused treats from jams to pies. Browse the Merchant Sidewalk Sale.



11:00 AM: PROCESSION by the St. Catharines Pipe Band and Fort George Pipe & Drum Corps. Live entertainment continues throughout the day with great jazz, bagpipes, Celtic music, historical displays, children's entertainment and more!

NOON: PEACH PIE CONTEST • FRONT OF COURTHOUSE

Come find out who will have this year's tastiest peach pie! Taking place in front of the Courthouse. Want to be a contender? Drop off your baked pie between 10 am to 11:30 am to the Chamber of Commerce Market Room 26 Queen Street, Lower Level.

6-10 PM: EVENING CELEBRATION OF CULINARY WINE, BEER AND MUSIC: Join Niagara-on-the-Lake wineries, breweries and Signature Kitchen restaurants for a unique evening of wine, beer and culinary! Salsa Lessons at 6:00 pm, then be sure to stay and dance the night away to music from the live five-piece band the Poca Lanta. Taken packages available for wine, beer and culinary tents.

Sunday, August 10 • Event Schedule

11 AM-3:30 PM: ANNUAL ST. VINCENT DE PAUL CHURCH PEACH FESTIVAL

- Kids' corner with face-painting, crafts, balloon animals, reptiles and clown
- Pig Out hamburgers and hot dogs at noon
- Linda and Jackie providing live entertainment
- Jewellery and Bake tables featuring various peach items for sale including punch, crepes, jam, pies and sandwiches

7-11 PM: SHADES OF SUMMER DINNER • QUEEN STREET

1,000 guests will sit down to enjoy a Shades of Summer Harvest Dinner presented by the Niagara-on-the-Lake Chamber of Commerce. Held outdoors on Queen Street between King and Regent, guests enjoy dinner and wine under the stars in a heritage setting, complemented with ambient music performed by Flot Brake.

For more information, please visit www.niagaraonthelake.com or phone 905-468-1950 for more information.



LAKEVIEW
VINEYARD EQUIPMENT INC.

**WE ARE
PROUD OF OUR
LOCAL
GROWERS!**



40 Lakeshore Road,
R.R. #5,
Niagara-on-the-Lake, ON
L0S 1J0

Phone: (905) 646-8085 or
Toll Free: 1-866-677-4717
www.lakeviewvineyardequipment.com

**At Lakeview,
we are
proud to be
LOCAL!!**

**THE NIAGARA-ON-THE-LAKE CHAMBER OF COMMERCE
WELCOMES EVERYONE TO ITS ANNUAL PEACH CELEBRATION**

Saturday, August 9th
10am to 5pm: Peach Market & Merchant Sidewalk Sale
6-10pm: Evening celebration of culinary wine and beer
Salsa dance lessons at 6 pm, followed by live latin music until 10pm

Sunday, August 10th
7-11pm: Shades of Summer Harvest Dinner on Queen Street

CHAMBER OF COMMERCE
NIAGARA-ON-THE-LAKE

For more information on these and other events,
please visit www.niagaraonthelake.com or call 905-468-1950.

18th ANNUAL PEACH SALE
42 Queen Street (at the clocktower) • BeauChapeau.com

HAT SHOP
AUG 9-17

18th Annual Sale
Aug 9th only

BOUTIQUE • DENTED
Hot Sale
\$5
DISCOUNTED

**Great insurance advice
...Helping to make your life peachy!**
**Save on car, home or
business insurance.**
Call today for a free quote.

REIMER VERGE INSURANCE BROKERS

905-468-3553
1588 Hwy. #55 Virgil
www.reimervergeinsurance.com



Lorna MacInnis



PELHAM NEWS DATEBOOK

JUST FOR THE PEACHES



Come enjoy the local DeVries Fruit Farm peach harvest!

Local Artists, Crafters & Designers sale

Traditional Style Breakfast or Waffles from 9am to 11am

BBQ from 11am Hamburgers & Sausages! Peach Cobbler ... everything peachy!

FREE ADMISSION • FREE PARKING

1794 Centre Street Ridgeway, ON L0S 1M0

thecountrychristmasstore@gmail.com • thecountrychristmasstore.vpweb.ca

(905) 892-5359

August 8th 1pm to 7pm
August 9th & 10th 10am to 5pm

Hosted by
The Country Christmas Store

INFERTILITY SUPPORT GROUP

Niagara meetings are held the first Wednesday of each month at 6:30 p.m. for anyone experiencing primary infertility. Call or text 289-821-4606 or e-mail infertility@niagara@hotmail.com for location or more information.

WELLAND RIVER KEEPERS

meets the third Tuesday of every month at Niagara Peninsula Conservation Authority office, 250 Thorold Rd. W., Welland, third floor, 7 p.m. More info, 905-735-9861.

DROP-IN BRIDGE

Wednesday at Pelham library, 1 p.m. to 3 p.m. Come alone or with a friend. Refreshments. Call ahead for the schedule at 905-892-6443. Cost \$1.

FIBROMYALGIA MEETING

Every second Tuesday through June at Rapelle Lodge, Plymouth Rd., Welland. More info, Vicci 905-384-2294. Support, understanding and open discussions.

WOMEN'S INSTITUTE

The Fonthill-Singer's Corners branch

of the Women's Institute is looking for new members. We meet on the first Wednesday of the month, 1:30 p.m. to 4 p.m. We welcome women wishing to contribute to our community. If you would like to enjoy the fellowship and events planned for this coming year, please call 905-892-6891 for more information.

BELLEROPHON DRUM

and Bugle Band practices Monday nights 7 to 8 at Royal Canadian Legion Branch 4, Morningstar Ave. All welcome.

A CAPPELLA NIAGARA

Men's Chorus invites singers for fun, fellowship and fabulous four-part harmony at Welland Community Wellness Complex, 145 Lincoln St., Tuesdays, 6:30 p.m. For information call Kerry at 289-820-8584.

ALZHEIMER SOCIETY

of Niagara Region support groups for care partners meet the first Tuesday of the month, 1:30 p.m. to 3 p.m. at Welland Community Wellness Complex, and second Wednesday of the month, same time, at Foyer Richelieu. For information, call 905-887-3914.

Aug 7 - Sept 30, 2014

JYSK
BED • BATH • HOME

enter for a chance to
WIN \$5000
IN BACK TO SCHOOL
SHOPPING SPREES

WHAT THE
JYSK?

JYSK [jysk]; (j pronounced as y, as in yes, yippee, yoddy)

Notes: 1. A retailer of Danish roots where you can find everything you need to furnish and accessorize your space 2. 55 locations throughout Canada

Verb: 1. Credibility; a deal is a deal 2. modesty, thoroughness and honesty

Examples: 1. Let's go back to school furniture shopping at JYSK.

2. JYSK has the best selection of mattresses, duvets and drapery at unbeatable prices!

JYSK

SNAP SHARE & SPREE!
#WHATTHEJYSK

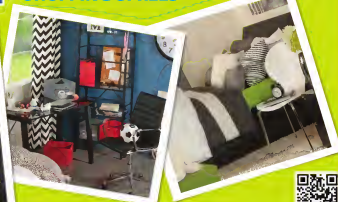
SNAP TO ENTER

SNAP a photo of a JYSK product in your space

SHARE it on Instagram and tag #WHATTHEJYSK



JYSKBEDBATHHOME



By submitting your photo, you will be entered for a chance to win a Grand Prize of \$2000, first prize of \$1000, or 3rd prize of \$300, awarded in the form of JYSK gift Cards. Or enter without submitting a photo online at www.jysk.ca/whatthetjysk, for your chance to win 1 of \$50 JYSK gift Cards. Contest ends September 30th, 2014. Full contest details online.

Full contest details
and online entry at:

WWW.JYSK.CA/WHATTHEJYSK

Barrie (705) 721-3975
Belleville (813) 981-1114
Burlington (905) 637-5671
Durham Region (905) 709-1000
Hamilton (905) 431-9544
Windsor (519) 224-5000

Markham (905) 474-0099
Mississauga (905) 624-7700
Oakville (905) 877-0255
London (519) 845-1414
London South (519) 866-6850
Windsor (519) 224-5000

Scarborough (905) 490-0195
Shelburne (813) 624-9166
Peterborough (705) 676-5251
Sarnia (519) 336-1628
Saskatoon (416) 343-6240
Timber Creek (905) 662-3133

Stouffville (905) 454-5996
Wheatley (905) 454-5996
Welland (905) 821-6014



Classifieds

pelhamnews.ca/classifieds

Phone: 1-866-541-6757 • Fax: 1-866-485-8461 • Email: pelhamnews.classifieds@sunmedia.ca



Miscellaneous Miscellaneous Miscellaneous Miscellaneous Miscellaneous Miscellaneous Miscellaneous Miscellaneous

Gillespie Autocentre



Chris Marti Sales Representative Bob Chan Sales Representative Nathan Marti Sales Representative Wendy Hume Sales Representative

2011 MAZDA 2 16,690Kms, 1-Speed Mazda Transmission, AC, Cruise, \$12,988 + hst & lic.	2012 TOYOTA YARIS 4-door, Auto, 66,000Kms, AC, Air, \$13,988 + hst & lic.	1998 HONDA CIVIC SI 2-door JUST ARRIVED	2007 MAZDA CX-7 160,000Kms \$8,988 + hst & lic	2009 PONTIAC G6 68,000Kms \$9,988 + hst & lic
2006 VOLKSWAGEN PASSAT 2.0T 148,000Kms, \$9,988 + hst & lic.	2006 NISSAN X-TRAIL 1-Owner, Automatic Transmission, 115,000Kms, JUST ARRIVED	2007 CHEVROLET UPLANDER 103,000Kms \$8,988 + hst & lic	2009 DODGE CALIBER 126,000Kms \$10,988 + hst & lic.	2010 DODGE GRAND CARAVAN 76,000Kms \$14,488 + hst & lic

16 Lincoln St, Welland
JUST WEST OF PRINCE CHARLES
www.gillespiesauto.com
905-735-7151

2009 CHEVROLET TRAVERSE LS

MONTHLY FEATURE

Only 156,000 kms
1-OWNER, Black on Gray Cloth, \$13,488 + hst & lic.
(Front And Rear Climate Control)

Appliance Repair Appliance Repair Miscellaneous Miscellaneous Miscellaneous Miscellaneous Miscellaneous

Clock Repairs

All makes and models, guaranteed workmanship, pick-up and delivery, specializing in Grandfather clocks.

(905) 935-1962

General Help Wanted General Help Wanted

THE WELLAND TRIBUNE IS LOOKING FOR CARRIERS IN THE FORTNILL AREA

If you are interested call
905-732-2414 EXT "0"

General Help Wanted Produce/Food

DEVIRES FRUIT FARM
Produce is just Time
DISPENSARY ASSISTANT
Honey, etc.
825 Cadboro Rd. 1 km West of Fenwick.
Call 905-892-8724
Closed Sunday

APARTMENTS

2 BDRMS avail. Large quiet secure living. Balc., fully eqpt. on-site to Maple park, bus/shopping. Starting at \$899. 579 Clave Ave. Call 1-800-735-5768

MIDWEST LODGING
on Glen Park Dr.
1 & 2 bdrm apts.
Park like setting. Extra storage. 905-734-8255 or 905-714-1550

**— THE —
ODD COUPLE**

Please remember... we belong together

stuff **tie** **toss**

STUFF ALL PLASTIC BAGS AND STRETCHY PLASTIC FILM INTO ONE BAG

TIE YOUR FULL BAG CLOSED

TOSS YOUR BAG INTO YOUR GREY BAG

Niagara Region SPACE PROVIDED THROUGH A PARTNERSHIP BETWEEN INDUSTRY AND ONTARIO MUNICIPALITIES TO SUPPORT WASTE DIVERSION PROGRAMS.

6 reasons you should advertise in your local newspaper

- 1 CREDIBILITY**
Falls show people believe newspapers offer the most believable advertising. The offer is there to be read and over again. It doesn't include unwanted and then vanish.
- 2 ASSURANCE**
Our newspaper circulations are verified and audited. Researchers verify that an ad rate as scheduled. They have tangible proof that their ad reaches the audience. Radio and TV can't offer this tangible proof.
- 3 PERMANENCE**
Newspapers allow readers time. Time to digest and consider an advertising offer at their leisure. Consumers need not be in the right place at the right time to see or hear the advertiser's message. Studies prove that our papers are longer than a week and are read by more than one person.
- 4 LOCAL COVERAGE**
Newspapers occupy a unique position in reader's lives. Newspapers contain news on local people and events, while providing the most reliable source of in-depth coverage of everything, including what businesses are offering this week.
- 5 ECONOMY**
Cost per thousand is very competitive, but the results of good newspaper advertising are the best measure of its benefit.
- 6 LOCAL INVESTMENT**
No other medium can compare to newspapers in service to the local community. An advertising order is an investment in the advertiser in the community.

The Market you are looking for is reading the same paper you are!

Talk to a Sales Representative today for more information

ADVERTISE Get noticed.

COMMISSO'S FRESH FOODS



Fresh
Strawberries
Product of USA

2/3
454g



ONTARIO
GROWN

Ontario Grown
Broccoli
Product of Ontario

.99
each



Gray Ridge
**Healthy
Natural Choice
Large Eggs**

2.99
dozen



Gray Ridge enhanced eggs have 3.5 times more Vitamin B, 3 times more B6 & 1.5 times more B12 than a regular egg!



Tropicana
Orange Juice
Assorted Varieties

2.99
1.89L



Emma
**Extra Virgin
Olive Oil**

3.99
1L



De Cecco
Pasta
Assorted Varieties

4/5
500g

1/2 PRICE



Fresh Family Pack
**Combination
Pork Loin Chops**
(3 rib, 2 sirloin chops)



2.99
lb
6.59/kg



Fresh Store Ground
**Combination
Beef, Veal & Pork**
Family Pack



3.99
lb
8.80/kg



Fresh
**Fresh Young
Rabbits**
Product of Ontario

4.99
lb
11.00/kg



Grain Fed Thin Sliced
**Cut from Inside Round
Veal Leg Cutlets**
Plain or Breaded

8.99
lb
19.82/kg



CANADA AAA BEEF
Certified Black Angus
**NY Strip Loin
Grilling Steaks**
Family Pack

9.99
lb
22.02/kg

Sale prices in effect Friday August 8 through Thursday August 14, 2014

FRI	SAT	SUN	MON	TUE	WED	THU
8	9	10	11	12	13	14

6161 Thorold Stone Rd., Niagara Falls, ON
Mon-Fri 7am-9pm • Sat 7am-8pm • Sun 8am to 7pm

Want to see even more savings?
Visit CommissosFreshFoods.com
and click on the flyer icon to
see all of our weekly specials!

